



Hammering

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

Hammering

- ☞ If you have to hold the nail or spike in an awkward position when you are getting started, try using a pair of pliers.
- ☞ When starting to nail, swing the hammer with reduced force in case you miss and hit yourself. Hold the nail or spike near the head while starting it.
- ☞ If you keep your elbow close to the surface that you are nailing into, you'll be more accurate.
- ☞ Once the nail or spike is started, start to hit it more forcefully.
- ☞ Move your other hand away. Seems obvious, but this is a common error.



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www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx

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